



The Science of Being Well

Saturday, October 9, 2010

Presented by Jennifer Klau, M.A.

jen@klau.com

Wellness has multiple components and many definitions. In this workshop we will discuss the lifestyle variables that we control, how they interact and how each contributes (or doesn't) to overall health and well-being. **I strongly recommend that you bring a notebook.**

What is wellness?

Variables:

Socio-economic status (SES)

Education

Diet

Exercise

Stress

Outlook

Genetics/Family History

1. Responses to Stress
 - a. Acute
 - b. Chronic
2. Complications of Body Composition
 - a. Normal Signaling
 - b. Disordered Signaling
 - c. Consequences
3. Countermeasures
4. The Big Picture